



## Services and fees

Come thrive with us.

### **Nutrition**

Nutrition Initial Consult (60-minutes) .....	\$120
Nutrition Follow-up (30-minutes) .....	\$80

\*All nutrition services provide an invoice that you may submit to your insurance provider for potential reimbursement

### **Mental Health**

Initial Psychotherapy Intake Session (60-minutes) .....	\$200
Psychotherapy Follow-up (50-minutes) .....	\$150

\*All mental health services provide an invoice that you may submit to your insurance provider for potential reimbursement

### **Wellness**

Individualized Guided Meditation (60-minutes) .....	\$75
Individualized Guided Meditation (30-minutes) .....	\$45
Individualized Yoga (60-minutes) .....	\$75
Guided Infusion Meditation (15-minutes) .....	\$75 (package of 4)
Yoga For Cancer Public Class (60-minutes) .....	\$15